



The entire 12 step program is faith-oriented

1. *We admitted we were powerless over alcohol - that our lives had become unmanageable.*
2. *Came to believe that a Power greater than ourselves could restore us to sanity.*
3. *Made a decision to turn our will and our lives over to the care of God as we understood Him.*
4. *Made a searching and fearless moral inventory.*
5. *Admitted to God, to ourselves and to another human being the exact nature of our wrongs.*
6. *Were entirely ready to have God remove all these defects of character.*
7. *Humbly asked Him to remove our shortcomings.*
8. *Made a list of all persons we had harmed, and became willing to make amends to them all.*
9. *Made direct amends to such people wherever possible, except when to do so would injure them or others.*
10. *Continued to take personal inventory and when we were wrong promptly admitted it.*
11. *Sought through prayer and meditation to improve our conscious contact with God as we understood Him, praying only for knowledge of His will for us and the power to carry that out.*
12. *Having had a spiritual awakening as the result of these steps, we tried to carry this message to alcoholics and to practice these principles in all our affairs.*

So Help Me God

Substance Abuse, Religion and Spirituality

November 2001
National Center on Addiction and Substance Abuse at Columbia University

“The key finding of this two-year study is this: if ever the sum were greater than the parts it is in combining the power of God, religion and spirituality with the power of science and professional medicine to prevent and treat substance abuses and addiction.”
Ibid. p.2 Joseph Califano



and



How important is faith when it comes to the subject of successful chemical dependency recovery?

“This unprecedented report concludes that religion and spirituality can play a powerful role in the prevention and treatment of substance abuse and in the maintenance of sobriety”. Ibid. p2. Joseph Califano

- ◆ This 52 page report sites dozens of studies and evidences to prove that faith and spirituality are keys to success in the science of addiction and recovery.



Two troubling findings from this study



“In view of the significance of religion to prevention and treatment of substance abuse, the most troubling findings of this report are the discoveries of two profound disconnects:

1. The extent that clergy see substance abuse as a problem among the congregations and the lack of knowledge and training on how to deal with the problem.
2. The importance of God, religion and spirituality to effective treatment and maintenance of sobriety and the failure of medical profession to tap into this in ministering to substance abusers and addicts”. Ibid. p.2 Joseph Califano

The importance of Religion in America

Pew Forum on Religion and Public Life recent report done on 35,000 adult Americans found that:

- ◆ 92% of all Americans believe in God
- ◆ 79% believe in miracles
- ◆ 68% believe in angels and demons
- ◆ 58% pray on a daily basis



Key findings to the Columbia study

Adults who *do not* consider religious beliefs important compared to those who do are:

- ◆ 50% more likely to use alcohol and cigarettes
- ◆ 4 times more likely to use illicit drugs
- ◆ 6 times more likely to use marijuana

Ibid p.2 Joseph Califano



Key findings to the Columbia study Teens

“Teens who believe that religion is important and attend religious services frequently are less likely to use tobacco, alcohol and illicit drugs”

ibid. p2. Joseph Califano

Teens who never attend church are:

- ◆ Twice as likely to drink
- ◆ Three times more likely to use marijuana & binge drink
- ◆ Four times more likely to use illicit drugs



Chemical dependency treatment and recovery is often a very complicated science!

Not everyone can be treated the same!

- ◆ Some of the areas that contribute to one's chemical dependency are family dynamics, background, culture, peers, environment, etc. There are also internal factors such as one's psychological, emotional and spiritual framework; because of this just one model of treatment doesn't always work for everyone.

- ◆ Minnesota has a variety of treatment models to meet the needs of a diverse community.



One of Minnesota's larger recovery models is the faith-based model.

Examples:


- ◆ Minnesota Teen Challenge
- ◆ Salvation Army
- ◆ Union Gospel Missions
- ◆ Celebrate Recovery
- ◆ And dozens of Para-church ministries

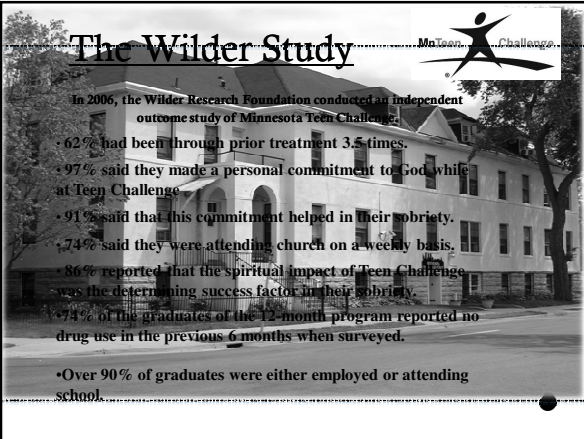
Just the 3 Non-profits listed above are helping thousands of Minnesota's most chronic substance abusers in our state each day.

The Wilder Study

In 2006, the Wilder Research Foundation conducted an independent outcome study of Minnesota Teen Challenge.

- 62% had been through prior treatment 3.5 times.
- 97% said they made a personal commitment to God while at Teen Challenge.
- 91% said that this commitment helped in their sobriety.
- 74% said they were attending church on a weekly basis.
- 86% reported that the spiritual impact of Teen Challenge was the determining success factor in their sobriety.
- 74% of the graduates of the 12-month program reported no drug use in the previous 6 months when surveyed.
- Over 90% of graduates were either employed or attending school.





Faith based programs are often very effective because:

- ◆ People are naturally most open to God during recovery
- ◆ "Other research has shown increases in spirituality co-occurring with recovery. For example, in a study of 62 addicts and a control group, recovering individuals showed significant increases in the elements of spirituality." Ibid. p. 27 Joseph Califano



Faith based programs are often very effective because spirituality is encouraged!

- ◆ The CASA study found that while a large percentage of clients are open to spirituality during times of recovery, many Health Care professionals are reluctant to address the spiritual needs of clients.
- ◆ "In a random sample of 355 members of the American Psychiatric Association in 1997-1998, 74% of psychiatrists disapproved of praying with a patient. In the same study physicians were asked "If it were scientifically demonstrated that the use of prayer improved a patients progress, would you perform the intervention? Only 37% responded affirmatively." Ibid. p. 29 Joseph Califano
- ◆ Faith based programs, on the other hand, openly address prayer and intimacy with God.



Faith-based programs are often very effective because



They are primarily funded by the faith community and take a vested interest in the charity. They do this by:

- ◆ Becoming your volunteers for mentoring, fund raising, maintenance projects, drivers, development, etc.
- ◆ Assisting and playing key roles in aftercare.
- ◆ Connecting the client to a loving, caring network, and those relationships tend to remain long after they leave the programs.

The mission of the faith community is to help others, which produces an army of workers willing to help.

Because most faith-based programs are funded by private dollars, they often operate longer programs than the typical 30 or 60 day inpatient model and often serve a very chronic community



- ◆ The average individual enrolled in Minnesota Teen Challenge 12-month program has previously been in treatment over 3.5 times.
- ◆ Most chronic addicts enrolled in Minnesota Teen Challenge 12-month program report effects of inebriation even after months of being enrolled in the program. The majority say that 28 to 60 days is far too short for their level of chemical addiction.
- ◆ Most researchers agree that length of programming is a key factor to success with chronic addiction.

Last- Why is it important that we open our arms to faith-based providers?

- ◆ With the challenges of increased budget cuts, some programs are having to cut back while others are unable to expand.
- ◆ There is an increasing demand for longer recovery models.
- ◆ The drug epidemic continues to grow and the need is very great.
- ◆ Drug addiction is costing our nation a average of 437 Billion annually



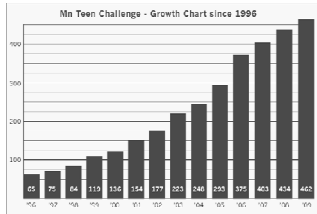
We can help more people when we all value each other's approach.

For more than **25 years**, Minnesota Teen Challenge has been restoring hope to teens and adults struggling with drug and alcohol addiction.



History:


In 1958, Rev. David Wilkerson went to New York City to work with youth involved in gangs. There he found many problems, from prostitution to hard-core drug addiction, as well as gang wars. In order to help these teens, Wilkerson founded the first Teen Challenge Center in New York City. Because of his highly effective approach, Teen Challenge received international recognition as one of the world's most successful drug and alcohol programs. Now there are more than 1000 centers around the globe, making Teen Challenge the largest drug and alcohol program in the world.





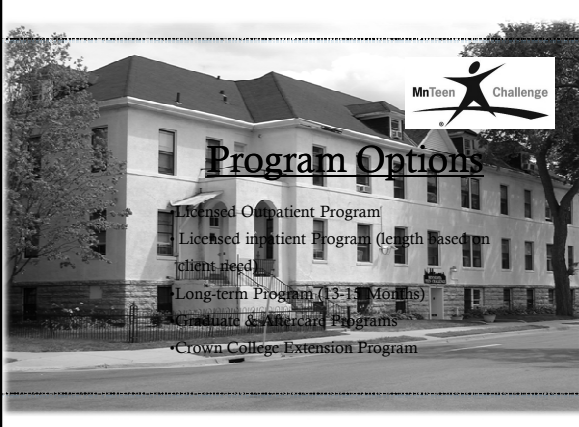
“The mission of Minnesota Teen Challenge is to assist teens and adults in gaining freedom from chemical addictions and other life controlling problems by addressing their physical, emotional and spiritual needs.”





Program Options

- Licensed Outpatient Program
- Licensed inpatient Program (length based on client need)
- Long-term Program (13-18 Months)
- Graduate & Aftercare Programs
- Crown College Extension Program







Locations

Minneapolis/St. Paul
Duluth
& Brainerd




Portland House

Main Campus
1619 Portland Ave South
Minneapolis MN




Hudson House


3201 1st Ave South
Minneapolis, MN



Stevens House


3231 1st Ave South
Minneapolis, MN








Grace Manor

1507 Lowry Ave NE
Minneapolis MN







1717
Women's Center
1717 2nd Avenue South
Minneapolis MN



Mt. Sinai
2300 Chicago Ave
Minneapolis MN

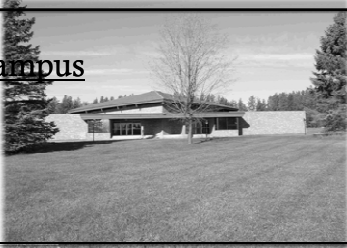



Northland
2 East 2nd Street
Duluth MN



Central MN Campus

2424 Business Hwy 371
Brainerd MN





General Program Structure

Aftercare

- ◆ **For Residents:**
- ◆ In order to graduate the program, each resident needs to work with the Aftercare department to develop a workable plan that addresses:
 - ◆ Employment
 - ◆ Housing
 - ◆ Support networks
 - ◆ Mentoring
 - ◆ Spiritual and emotional growth
